



## Forest Refuge Work Retreat Application

Please complete and return with the \$50 processing fee and your retreat application to:  
IMS Forest Refuge, 1230 Pleasant St, Barre, MA 01005 • Fax: 978-355-4307

Your name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

How do you identify your gender?  F  M  Nonbinary/agender  Other (please specify) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Occupation \_\_\_\_\_

Intended length of stay \_\_\_\_\_ Preferred dates of stay \_\_\_\_\_

Why would you like to be a Work Retreatant?

Have you done an IMS Work Retreat previously? Yes  No

If yes, please indicate date(s) and department(s):

Depending on Forest Refuge needs, as well as your experience, we will assign you to help in either our Kitchen or Housekeeping departments. Work Retreat tasks can be physically demanding, including some heavy lifting, with work periods totaling five hours each day. Both departments require the use of common cleaning chemicals.

- **Housekeeping tasks** include laundry, bathroom cleaning, vacuuming, window washing, dusting, stocking of cleaning supplies, and other general duties.
- **Kitchen tasks** include cleaning, stocking food supplies, removing compost and recycling, routinely lifting 25-50 pound items, and bending. Helping in this department means frequent exposure to hot and cold temperatures.

We appreciate your flexibility in serving where needed. If you have experience in either department, or a preference, please indicate below.

Describe any other skills, work experience or formal training that you would like us to know about:

Describe any physical conditions that may limit your ability to perform a wide variety of manual tasks for up to five hours per day:

Additional comments:

**Payment Information**

A Work Retreat Application requires a non-refundable \$50 processing fee.

I am paying \$50 by:  Visa  MasterCard  My check, payable to IMS, is enclosed.

Credit Card #

3-Digit Verification Code \_\_\_\_\_ Expiration Date \_\_\_\_\_ / \_\_\_\_\_

Exact name on credit card \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

**Statement of Agreement**

*I have read the Forest Refuge Work Retreat information. If accepted into the program, I agree to participate fully, exploring the integration of mindfulness practice with work activities. I agree to spend five hours each day serving the needs of the Forest Refuge, with time off according to program guidelines.*

*I understand that IMS relies upon the invaluable contribution of Work Retreatants. I will inform the Forest Refuge immediately of any change to my circumstances that affect my participation.*

Signature \_\_\_\_\_ Date \_\_\_\_\_